



NORDC Aquatics Program Guide

Winter Session
Jan 4–Feb 14, 2015
Register Dec 7–Jan 3
Joe W. Brown Pool
5601 Read Blvd.
New Orleans, LA 70127
Pool 504-658-3022
Admin 504-658-3052

Benefits of Swimming

- Participants learn and practice new swimming skills and feel a sense of achievement from mastering something new that they can enjoy the rest of their lives.
- The aquatics programs at NORDC are about more than just techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.
- Programs are offered for all levels and include offerings from ages 6 months old and up.
- Our programs incorporate fun water sports and games to help children become comfortable in the water while learning this important life skill.
- It's never too late to learn how to swim. Whether you are a beginner who is interested in learning a new skill or someone who is more advanced but needs a refresher, NORDC has a class for you.
- Working with Character Counts, NORDC staff introduces the 6 Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship throughout the swim lesson session.
- Our pools are staffed with certified swim instructors and lifeguards.
- Our swim lessons are offered throughout the year.

How to Register

Submit your completed registration form at the pool of your choice.

Joe W. Brown Pool
5601 Read Blvd.
New Orleans, LA 70127
504-658-3022

Treme Pool
Under renovation, opening soon!
900 Villere St.
New Orleans, LA 70116
Pool 504-658-3162
Admin 504-658-3052

Pool Rules

1. Swimming is permitted only while lifeguards are present and on duty.
2. Children under 10 years of age must be accompanied by an adult 18 years of age or over.
3. All children who are not toilet-trained must have a swim diaper and a bathing suit and/or plastic pants.
4. Running, rough play, horseplay, dunking and/or throwing children is not allowed. Inappropriate language will not be tolerated.
5. Excessive breath holding and breath holding games are prohibited.
6. Before entering the pool, patrons must shower with soap and rinse.
7. Glass containers, food, drinks, gum, animals, tobacco products, alcohol, drugs and firearms are prohibited from NORDC pool decks and locker rooms.
8. Children less than 8" taller than water depth must be accompanied by parent, guardian or instructor IN THE WATER, unless swimmer has demonstrated he/she could pass a deep end test each time the child attends the pool.
9. Persons with rashes, open wounds or sores are not allowed in the water.
10. Lined swimsuits or bathing suits are required to swim. No cutoffs, jean shorts, or clothing other than swimming attire permitted. Gym shorts, sports bras, under clothing are not considered proper swim attire. A t-shirt and/or shorts made from nylon, rayon or polyester may be worn over a bathing suit while in the water. Lifeguards must approve all toys and flotation devices — SCUBA and other large equipment is prohibited.
11. Diving, flips, twists and backwards jumps are not allowed.
12. NORDC is not responsible for any lost or stolen items.
13. Lightning Policy — The pool will require immediate closure of all pools in the event that lightning or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.
14. The lifeguard is the authority in the pool and locker rooms. Failure to comply with the rules may result in dismissal from the pool and locker room areas.

Becoming a Lifeguard

Lifeguarding is a great way for young adults to learn job skills, earn some money and meet great people. **NORDC will be hiring over 100 lifeguards for the summer season. If you are interested in becoming a lifeguard please look over the requirements and opportunities available for classes.**

Requirements to become a lifeguard:

- Able to swim 300 yards
- Able to tread water for 2 minutes with no hands
- Able to perform a timed event which will include sprinting 15 yards, getting a 10lb brick off the bottom of the deep end, swimming back to the shallow end and climbing out of the pool with the brick.

If you are interested in lifeguard training, please contact Aquatics Director Christine Aguirre at cmaguirre@nola.gov or 504-658-3044 for more information.

Looking for a job?

For the summer of 2015, all applications for NORDC lifeguards and swim instructors must be in by March 15. Interviews will be conducted as early as February 1. Please contact Aquatics Director Christine Aguirre at cmaguirre@nola.gov if you are interested or check out our website for more information **www.nola.gov/nordc/employment/**

NORDC lifeguards are required to be at least 16 years old.



6 to 36 months old

Parent & Child Swim Lessons / Water Babies

Helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more.

Water Babies Level 1 (PCWB1)
Children learn basic skills through fun activities, such as blowing bubbles and playing with water toys.

Water Babies Level 2 (PCWB2)
Parents work with their children to practice floating, kicking and swimming back to the side of the pool.

Day	Time	Lesson Level
Fri	4:30-4:55pm	PCWB1, PCWB2
Sat	10-10:25am	PCWB1

2 to 5 years old

Parent & Child Swim Lessons / Nemo

If your child loves the water but isn't quite ready to be on their own with an instructor, join your child in the pool for our Nemo class.

Day	Time
Fri	4:15-4:50pm
Sat	11-11:25am

3 to 5 years old

Preschool Swim Lessons

Learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

Preschool Aquatics Level 1 (PS1)
Helps students feel comfortable in the water and begin to develop fundamental skills such as breath control.

Preschool Aquatics Level 2 (PS2)
Builds on Level 1 skills and gives the student success with fundamental skills such as floating and basic locomotion.

Preschool Aquatics Level 3 (PS3)
Builds on Level 2 skills and improves the participant's coordination of simultaneous arm and leg actions and alternating arm and leg actions.

Day	Time	Lesson Level
Mon	4:30-5:05pm	PS1, PS2
Mon	5:15-5:50pm	PS1, PS2, PS3
Wed	4:30-5:05pm	PS1, PS2
Wed	5:15-5:50pm	PS1, PS2, PS3
Sat	10:15-10:50am	PS1, PS2, PS3
Sat	11-11:35am	PS1, PS2, PS3

6 to 12 years old

School Age Swim Lessons

The program is designed for students to progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the Learn-to-Swim class includes training in basic water safety, helping others in an emergency, and stroke development.

Level 1: (SA1) Introduction To Water Skills
There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. Level 1 participants learn to: enter and exit the water safely, submerge mouth, nose and eyes, exhale and open eyes under-water, roll over from front to back and back to front with support, explore floating on front and back with support, explore swimming on front and back using arm and leg actions with support and use of life jacket.

Level 2: (SA2) Fundamental Aquatic Skills
Student must have passed or shown competency in Level 1 skills. This level marks the beginning of true locomotion skills. Level 2 participants learn to: enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles (bobbing), open eyes underwater, float on front and back, front and back glides, change directions, roll over from front to back and back to front, tread water, and swim on front, back and side using combined arm and leg actions.

Level 3: (SA3) Stroke Development
Student must have passed or shown competency in Level 2 skills. Level 3 participants learn to: Jump into deep water, dive in, bob with the head fully submerged, rotary breathing, front and back glides, float on front and back in deep water, change from horizontal to vertical position on front and back, front and back crawl, butterfly-kick and body motion.

Level 4: (SA4) Stroke Improvement
Student must have passed or shown competency in Level 3 skills. The objective of level 4 is to develop confidence in the strokes learned and improve other aquatic skills. Level 4 participants learn to: perform standing dive, swim underwater, feet-first surface dive, open turns on front and back treading water, front and back crawl, breaststroke, butterfly, and elementary backstroke.

Level 5: (SA5) Stroke Refinement
Student must have passed or shown competency in Level 4 skills. The objective of level 5 is to provide further coordination and refinement of strokes. Level 5 participants learn to perform the following: standing shallow dive, tuck and pike surface dives, front and back flip turns, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke, and survival swimming.

Level 6: (SA6) Swimming And Skill Proficiency
Student must have passed or shown competency in Level 5 skills. The objective of level 6 is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Day	Time	Lesson Level
Mon	4-4:50pm	SA1, SA2
Mon	5-5:50pm	SA1, SA2, SA3, SA4
Wed	4-4:50pm	SA1, SA2
Wed	5-5:50pm	SA1, SA2, SA3, SA4
Sat	10-10:50am	SA1, SA2, SA3, SA4
Sat	11-11:50am	SA4, SA5, SA6

Parent Tips for Swim Lessons

- For girls with hair chin length or longer, please make sure their hair is braided or in a swim cap.
- Please make sure all swimming suits fit properly.
- Parents MUST be in the locker room for all children under the age of 10 years old to supervise them.
- The parent viewing area differs from facility to facility. Please sit in the designated areas only.
- For other general pool rules, please flip to the back page.

12 to 15 years old

Teen Swim Lessons

Swim lessons are not just for the young and old! Join us for these age appropriate, confidence boosting lessons that will teach your teen a lifelong skill!

Day	Time
Saturdays	12-12:50pm

16+ years old

T.O.W: Terrified of the Water

T.O.W. is for adults who have no previous swim lesson or aquatic experience. We understand that each adult has their starting point in the water. We work with you to get past your fears and conquer the world of aquatics!

Day	Time
Mon-Fri	10-10:50am
Mon, Wed, Fri	5-5:50pm
Saturdays	11-11:50am

16+ years old

Adult Swim Lessons

Adult Beginner (AB)
Learning the Basics is for people who are not afraid of the water and want to learn how to swim. Learn how to float, move in the water and begin building the foundation for aquatic success.

Adult Intermediate 1 (AI1) & Adult Intermediate 2 (AI2)
Improving Skills and Swimming Strokes is split into two levels. Adult Intermediate 1 (AI1), the focus is on endurance and form for the following strokes: Front Crawl, Back Crawl, Breaststroke and Backstroke while also working on safety survival skills such as treading water. In Adult Intermediate 2 (AI2), the focus is on perfecting the strokes learned in Adult Intermediate I and also learning the Sidestroke and Butterfly.

Adult Advanced Swimming (AAS)
Swimming for Fitness is a class for adults who know how to swim but might need a refresher on their training or are just looking for a more structured practice time. This class focuses on endurance and perfecting strokes so that they are as efficient as possible.

Day	Time	Lesson Level
Mon-Fri	10-10:50am	AB, AI1, AI2
Mon, Wed, Fri	5-5:50pm	AB, AI1, AI2
Tue & Thu	7-7:50pm	AI1, AI2, AAS
Sat	8-8:50am	AB, AI1, AAS
Sat	10-10:50am	AB, AI1, AI2

16+ years old

Aqua Fitness Class

Fit and Flex
Welcome to this spunky exercise program! The class will include light cardio exercises that help to build endurance but will focus on exercises to help coordination, balance and strength.

Hydro Fit
This class fuses together several of your favorite aqua class formats to create a memorable experience. We'll mix it up with noodles, kick boards and other equipment to target the whole body while having a blast. Both low and high intensity cardio will be included.

H2O Mix
This ultimate endurance class is based on muscular strength and interval training. Challenge yourself through different stations in the pool utilizing a range of aquatic equipment. This aqua workout will leave you fitter, stronger and more energized.

Days	Time	Lesson Level
Mon-Fri	9-9:50am	Hydro Fit
Mon-Fri	11-11:50am	Fit and Flex
Mon-Fri	6-6:50pm	Fit and Flex
Saturdays	9:15-10am	H2O Mix

11 to 15 years old

Junior Lifeguard Program

The Junior Lifeguard program teaches many of the skills it takes to be a lifeguard. This is a great opportunity for your child to learn leadership skills, team work and most importantly have FUN, all within the aquatic environment.

Day	Time
Fridays	5-7pm

15+ years old

Lifeguard Prereq Challenge

If you aren't sure if you have what it takes to become a certified lifeguard come try it out! During these 2-hour long sessions, all of the lifeguard prerequisites will be practiced and then completed as a part of an assessment. Any time left over will be utilized for tips on how to improve swimming skills for the lifeguard class. *There is a 5 person limit per class so please sign up as soon as possible.*

Day	Time
Jan 12	6-8pm
Jan 19	6-8pm
Feb 2	6-8pm
Feb 9	6-8pm
Mar 2	6-8pm
Mar 16	6-8pm
Mar 30	6-8pm

See Front for Complete Session & Registration Dates

NORDC